



District 29 January 2026 ~Action Log~ Newsletter

Editor's Note:

Happy New Year! 2026 has arrived. Last year the 12 steps were the monthly topic. This year the Traditions, will take a month each. Also for a couple months, read how "The Action District" was started, written by Larry H (District 29 Archivist at the time) it's on page 26. Tradition One: Everyone in the group should thrive and with AA unity. Because we don't do this alone.



DEADLINE
FOR REPORTS,
EVENT
FLYERS,
ARTICLES
OR JUST ADD
ONS IS THE

Tradition 1:

"Our common welfare should come first; personal recovery depends upon A.A. unity."

"The Action District"

4th of every month.

Email them to:

d29actionlog@pugetsoundaa.org

In your reports please add time, day of the week and location of your meeting, so we share the message.

Reminder of Upcoming Events:

More Info on Page:

Jan 13th	District 29 Monthly Business Meeting	15
Jan 17th	Area 72 Accessibilities Quarterly Meeting	
Jan 18th	Area 72 Email & Google Basics Workshop	17
Jan 24th	Area 72 Tech & Web Quarterly Meeting	
Jan 24th	Area 72 Young People's Quarterly Meeting (Hybrid)	17
Jan 31st	GSR School (Hybrid)	15
Feb 7th	Area 72 Archives Quarterly Meeting (Hybrid)	17
Feb 7th	Area 72 CPC Quarterly Meeting (Hybrid)	17
Feb 14th	Area 72 Public Information Quarterly Meeting	
Feb 14th	Area 72 GV & Lit. Quarterly Meeting	

All event information can be found by going to **area72aa.org** go to Events then click on calendar date. Some information printed on above page #.

7TH TRADITION CONTRIBUTIONS

In keeping with AA's 7th Tradition of self-support, we accept contributions only from AA members.

***When submitting contributions, please note your group's name, or with individual contributions note that you are a member of Alcoholics Anonymous.**

DISTRICT 29:

Mailing Address:

Alcoholics Anonymous – District 29

PO Box 1439

Puyallup, WA 98371

*Make checks payable to Alcoholics Anonymous – District 29

AREA 72:

Mailing Address:

Western Washington Area 72

1901 Cornwall Avenue #745

Bellingham, WA 98225

*Make checks payable to Western Washington Area 72

Online contributions: <https://area72aa.org>

CENTRAL SERVICE OFFICE:

In person Contributions or Mailing Address:

Puget Sound AA

3640 S Cedar Street, Suite S

Tacoma, WA 98409

*Make checks payable to Puget Sound AA

Online contributions: www.pugetsoundaa.org/contribute

GENERAL SERVICE OFFICE:

7TH Tradition Contributions Mailing Address:

General Service Office

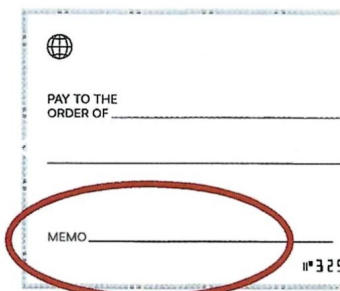
Post Office Box 2407

James A Farley Station

New York, NY 10116-2407

*Make checks payable to the General Service Board

Online contributions: <https://contribution.aa.org>



CSO

*Wondering how to
contribute?*

*What is a prudent
reserve?*

*How to pass a "virtual"
basket?*

**Check out the AA
pamphlet "Where
Money and
Spirituality Mix"**

Consider setting up a recurring contribution to become a Faithful Fiver. Faith Fivers are AA members who choose to contribute five dollars each month to support the Central Service Office in its efforts to carry the AA message of hope and recovery to the still suffering alcoholic.

**MAKE SURE YOUR CONTRIBUTIONS
COUNT!
DON'T FORGET TO INCLUDE YOUR **GROUP
NUMBER** OR,
IF IT'S AN INDIVIDUAL CONTRIBUTION,
NOTE THAT YOU ARE
A MEMBER OF AA.**

TRUSTED SERVANTS

DCM: Fred J dcm29@area72aa.org
Alt: Amanda M altdcm29@area72aa.org
Secretary: Open dist29secretary@area72aa.org
Alt: Open
Treasurer: Dan C dist29treasurer@area72aa.org
Alt: Ryan W
Accessibility: Ty S dist29accessibility@area72aa.org
Alt: Open
Archives: Deborah M dist29archives@area72aa.org
Alt: Jess J
Corrections: Open dist29corrections@area72aa.org
Alt: Open
CPC: Scott N dist29cpc@area72aa.org
Alt: Open
CSO Director 1: Dave D d29csodir1@pugetsoundaa.org
CSO Director 2: Open d29csodir2@pugetsoundaa.org
Grapevine/Lit: Open dist29gvlit@area72aa.org
Alt: Open
Newsletter: Grace C d29actionlog@pugetsoundaa.org
Alt: Mary N
PI: DeeDee dist29pi@area72aa.org
Alt: George N
Registrar: Brittany U dist29registrar@area72aa.org
Third Legacy: Alana W dist29thirdleg@area72aa.org
Alt: Carol J
Treatment: Greg E dist29treatment@area72aa.org
Alt: Open
12 Step: Jake F
Facilities Liaison: Steve B

DCM = District Committee Member
CPC = Cooperation with Professional Community
PI = Public Information
GSR = Group Service Representative
CSO = Central Service Office

Elected WW Area 72 Trusted Servants of Panel 75

DELEGATE: Courtney S delegate@area72aa.org
ALT DELEGATE: Lupita YM altdelegate@area72aa.org
CHAIRPERSON: Derek S chair@area72aa.org
ALT CHAIRPERSON: Lisa S altchair@area72aa.org
TREASURER: Theresa P treasurer@area72aa.org
ALT TREASURER: Derek N alttreasurer@area72aa.org

District 29 Groups

Above Ground.....Gary S
 Alt. Emillie M
 Back To Basics.....Rex J
 Eatonville
 Eatonville Women's.. Christina P
 Alt. Diana P
 Elbe Friday Nighters
 FIR.....Bruce K
 Alt. Kevin O
 Firgrove.....Laurie S
 Alt.
 Graham Women's.....Mary N
 Alt. Michelle L
 Hang In There.....Mike A
 Alt. Fred D
 Keep It Simple Sumner...Chris L
 Alt. Don S
 Living Free.....Ryan W
 Loft.....Sofia N
 Alt. Annie M
 Meeker.....Misty M
 Alt. Maria H
 Ohop.....Chelsea P
 Alt. Mandy B
 On Track Again.....Beatriz C
 Alt. Holly C
 Orting Fireside.....Joshua D
 Alt. Jill N
 Orting Hole In The Donut...Jill N
 Out to Lunch Bunch
 Puyallup Men's Stag.....Shaun R
 Alt. Scott B
 Puyallup Service Group..Bryce J
 Alt. Jasmine P
 Seeking Our Solution...Rachel K
 Alt. Jeff J
 Sober Sisters of Sumner....Pam N
 Alt.
 Solution Is The Journey....John P
 Alt.
 Trudging The Road.....Alan O
 Trusted Servants.....Janeah O
 Alt. Laura S
 Women On Tapps.....Tracie L

Trusted Servants Monthly Reports

DCM: Fred J

[DCM Report on Page 6](#)

dcm29@area72aa.org

Alt: Amanda M

[Alt DCM Report on Page 6](#)

altdcm29@area72aa.org

Secretary:

dist29secretary@area72aa.org

Alt:

Treasurer: Dan C

dist29treasurer@area72aa.org

Alt: Ryan W

[Treasurer Report on page 5](#)

dist29accessibility@area72aa.org

Accessibility: Ty S

Alt:

Archives: Deborah M

dist29archives@area72aa.org

Alt: Jess J

[Archivist Report on Page 20](#)

Corrections:

dist29corrections@area72aa.org

Alt:

CPC: Scott N

[CPC Report on Page 18](#)

dist29cpc@area72aa.org

Alt:

CSO Director 1: Dave D

d29csodir1@pugetsoundaa.org

CSO Director 2:

d29csodir2@pugetsoundaa.org

Grapevine/Lit:

dist29gvlit@area72aa.org

Alt:

PI: DeeDee B

[PI Report on Page 18](#)

dist29pi@area72aa.org

Alt: Rex J

Registrar: Brittany U

dist29registrar@area72aa.org

Third Legacy: Alana W

dist29thirdleg@area72aa.org

Alt: Carol J

[Third Legacy Report on Page 20](#)

Treatment: Greg E

dist29treatment@area72aa.org

Alt:

Newsletter: Grace C

d29actionlog@pugetsoundaa.org

Hello to All in District 29 and Happy New Year!

Getting started this new year. Mary and I had a few extra days this month. For us when the second Tuesday falls a little later in the month, there is a bit more of breathing room to put all this information together for ya all! For me the New Year rings in having more gratitude for the fellowship, knowing you shape my sobriety. And I want to thank you for that!

Thank you for allowing me to share and be of service, Grace C

Alt: Mary N

I am grateful to you all for your grace and patience with me as I help Grace with our newsletter. I love seeing the impact, the ripple effect that our Action Log has throughout our community. Thank you! - Mary N

12 Step: Jake F

Facilities Liaison: Steve B

Responsibility Statement

**I am responsible, when anyone, anywhere reaches out for help,
I want the hand of AA always to be there, and for that:
I am responsible.**

District 29 Treasurer's Report December 2025

Groups	Donations											
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Above Ground	\$ 40.00	\$ 40.00	\$ 30.00	\$ 30.00	\$ 45.00	\$ 53.00	\$ 44.00	\$ 40.00	\$ 49.00	\$47.00	\$46.00	\$46.00
Back to Basics	\$ 40.00	\$ 40.00	\$ 40.00	\$40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$40.00	\$40.00	\$40.00
Eatonville Group				\$150.00								
Elbe Friday Neters												
FIR (Fellowship In Recovery)	\$544.00											
Fingrove Group	\$ 180.00								\$48.00			
Fresh Start												
Graham Group												
Graham womens group	\$340.00							\$56.74			\$90.38	
Hang in There (HIT)												
Hole in the Donut												
Keep It Simple Sumner (KIS)					\$1,100.00							
Living Free					\$100.00							
Loft Group	\$47.92	\$10.00	\$10.00	\$10.00	\$ 33.00	\$ 33.00	\$ 33.00	\$ 33.00	\$ 33.00	\$133.00	\$33.00	\$33.00
Meeker Fellowship												
OHOP Nuts and Bolts			\$139.11					\$ 92.74		\$600.00		
Orting Fireside												
Out to Lunch Bunch		\$ 300.00				\$ 200.00						\$300.00
Puyallup Group												
Puyallup Men's Stag		\$200.00			\$100.00							
Puyallup Service Group			\$279.40						346.76			
Seeking Our Solution (SOS)				\$300.00							\$300.00	
Shop Group												
Sober Sisters of Sumner								\$60.00				
Solution is the Journey												
Trusted Servants	\$ 50.00	\$50.00	\$50.00	\$50.00	\$ 50.00	\$50.00	\$ 50.00	\$50.00		\$100.00		\$50.00
Women on Tapps			\$80.00					\$100.00			\$100.00	
other	\$ 23.00							\$ 50.00				
District 29 7th Tradition	\$ 103.00	\$71.00	\$ 114.00	\$ 82.00	\$ 54.00	\$ 55.00	\$ 59.00	\$ 85.00	\$ 80.00	\$75.00	\$53.00	\$67.00
Income Special Events												
corrections pink can								\$77.00 +/-		\$40.00 +/-		
Total Income This Month	\$ 1,367.92	\$ 711.00	\$ 742.51	\$ 662.00	\$ 1522.00	\$ 431.00	\$ 226.00	\$ 607.48	\$ 596.76	\$995.00	\$662.38	\$536.00
EXPENSES												
DCM				\$ 228.59								
Alt DCM						\$420.63						
Secretary												
Treasurer			\$14.60			\$71.94	\$70.00					
Newsletter						\$300.00						\$300.00
Accessibility												
Archives		\$82.45	\$99.08		64.57	\$22.03				\$93.62	\$28.78	\$35.53
Third Legacy												
Corrections						\$53.86						
C.P.C		\$67.40				\$90.89						
Pub. Info	\$202.66	\$41.00		\$ 94.46		\$78.33					\$72.36	\$119.52
Registrar						\$45.97						
Treatment												
12 Step												
Annual Donation CSO 60%												
Annual Donation WWA 30%												
Annual Donation GSO 10%												
CSO Phones			\$ 195.00	\$ 65.00	\$ 65.00	\$ 65.00		\$ 130.00	\$65.00	\$65.00	\$65.00	\$65.00
Meeting Room Rent	\$ 200.00	\$200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$ 200.00	\$200.00	\$200.00	\$200.00	\$200.00
Post Office Box				\$ 210.00								
Storage Rent	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$ 138.00	\$138.00	\$147.00	\$147.00	\$147.00
Zoom	\$ 17.61	\$17.61	\$ 17.61	\$ 17.61	\$ 17.61	\$ 18.70	\$ 18.70	\$ 18.70	\$18.70	\$18.70	\$18.70	
Total expenses	\$ 558.27	\$ 546.46	\$ 664.29	\$ 953.66	\$ 485.18	\$ 1505.35	\$ 426.70	\$ 486.70	\$421.70	\$ 524.32	\$531.84	\$867.05
NET Monthly Balance	\$ 809.65	\$ 164.54	\$ 78.22	\$ 291.66	\$ 1036.82	\$ 1074.35	\$ 200.70	\$ 120.78	\$1,237.45	\$470.68	\$130.54	\$331.05
Beginning Bank Balance	\$22,439.98	\$ 23,249.63	\$ 23,414.17	\$ 23,492.39	\$ 22,166.21	\$ 23,203.03	\$22,128.68	\$ 20,076.55	\$ 22,145.67	\$20,120.73	\$20,057.47	\$28,127.33
Ending Bank Bal.	\$ 23,249.63	\$ 23,414.17	\$ 23,492.39	\$ 22,166.21	\$ 23,203.03	\$ 22,128.68	\$ 20,076.55	\$ 22,145.67	\$20,120.73	\$20,057.47	\$28,127.33	\$28,696.23
Operating balance	\$8,232.69	\$ 8,379.23	\$8,475.45	\$8,183.79	\$9,220.61	\$8,146.26	\$7,945.56	\$8,066.34	\$9,883.79	\$10,354.47	\$10,485.01	\$10,153.96
PRUDENT RES. **	\$2,516.94	\$2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$ 2,516.94	\$2,516.94	\$2,516.94	\$2,516.94	\$2,516.94
Special Events Begin Bal	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ 11,465.48	\$ 11,465.48	\$ 11,465.48	\$ 9,614.05	\$ 11,562.39	\$7,720.00	\$7,186.06	\$15,125.38
Picnic Expenses				\$1,034.52			\$ 51.43	\$1,781.66				
Picnic Income							\$200.00	\$3,730.00				
Picnic Balance	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ 1,465.48	\$ 1,465.48	\$ 1,465.48	\$ 1,614.05	\$ 3,562.39	\$ 1,920.00	\$1,920.00	\$1,920.00	\$1,920.00
Gratitude Banquet Exp							\$2,000.00		\$2,200.00	\$533.94	\$463.68	\$1,100.05
Gratitude Banquet Income											\$8,403.00	
Gratitude Banquet Balance	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 8,000.00	\$ 8,000.00	\$ 5,800.00	\$5,266.06	\$13,205.38	\$2,000.00
Special Events End Bal	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ 11,465.48	\$ 11,465.48	\$ 11,465.48	\$ 9,614.05	\$ 11,562.39	\$ 7,720.00	\$7,186.06	\$15,125.38	\$16,025.33

DISTRICT COMMITTEE MEMBER DCM & Alt DCM REPORTS

DCM

Greetings District 29,

We seemed to have survived the weather and got off relatively light compared to some districts in the Area. I look forward to attending the area quarterly the first weekend in January. I will be participating in the Area inventory, something I've never done before. The district has completed its budget for 2026. I will send that out with the meeting packet. We still have a few open service positions and I ask that GSR's and Trusted Servants help me recruit into these positions. The open positions are in the Action Log. Anyone interested can contact me directly with questions. Happy New Year to all. It will be nice not to have to deal with fireworks for another six months.

Fred Johnstone
DCM District 29
dcm29@area72aa.org
(253) 229-7435

Please note our change in Zoom information, for District 29 Business meetings held every 2nd Tuesday of the month. All AA members are welcome to join us. Zoom ID: <u>882 6118 3379</u> Passcode: <u>983646</u>

Alt DCM

Happy New Years to you all!

I am excited to go to Quarterlies this year, looking forward to the travel. Then I love seeing what's with all the committee's Trusted Servants and GSRs. Also after doing the District inventory, I'm hopeful we will have a better understanding of how we work together and continue to make service available to all! If you have any questions please come up and say "Hi."

Amanda M
District 29 Alt DCM
altdcm29@area72aa.org

GROUP SERVICE REPRESENTATIVE

GSR REPORTS

ABOVE GROUND*

The Above Ground Group has meetings on Monday and Fridays at noon. This space has ground level entry, so it is accessible to all. There are large windows to let in the natural light of the day. Winter is now upon us and what better way to spend an hour and a quarter with good friends, hot coffee, and donuts? Come meet up with some old friends or meet new ones. Our meetings are held at:

**Sumner First Christian Church
432 Wood Ave.
Sumner, WA 98390**

On the last Friday of the month, we provide cake and celebrate the sobriety of our friends. In December, we celebrated with:

Kerry K - 2 months. Mark T - 1 year, Chris K - 2 years, George N - 3 years, Dale W - 27 years
Thank you Kevin for bringing the cake this month. Congratulations to all!

January 3, 2026 is the 3rd anniversary of our group moving to this location. We have been happy here, and hope the church continues to be happy with us.

BACK TO BASICS*

Hello!

Back to Basics group meets every Tuesday 7:00 p.m. at Mountain View Lutheran Church 3505 122nd Ave E, Edgewood. In the white chapel basement. We have a home group speaker share every third Tuesday of the month. First 3 Tuesdays of the month are closed meetings. Birthday nights are open meeting on the last Tuesday and we have treats to share. We hope to see you there!

December Birthdays: George - 3 years

EATONVILLE

We are still here in the hills! Eatonville has 2 meetings a week, Wednesday at 12:00 noon and Saturday at 9:00 am. At **American Legion Hall**, 123 Rainier Ave N, Eatonville, WA 98328

EATONVILLE WOMEN'S*

New meeting flyer on Page 19

**Tanwax Country Chapel
36417 Mountain Highway East
Eatonville, WA 98328
We meet in the Education Building next to the church. Look for the room with the AA sign hanging on the doorknob.**

**Weekly Meeting Format:
1st Saturday ~ Steps
2nd Saturday ~ AA Topic
3rd Saturday ~ Traditions
4th Saturday ~ AA Topic**

Hello from the Eatonville Women's Group! We are a new meeting where we explore and study the AA Steps and Traditions, as well as diving into the Big Book for discussion topics to support our journey together. Join us on **Saturdays at 10:00 a.m.**—birthdays on the 2nd Saturday, business on the last. Come check out this new space for women's recovery!

December Birthdays: Aerial H. – 24 hours, Erica C. – 10 months, and Alice W. – 17 years

ELBE FRIDAY NIGHTERS*

Greetings from greater virtual downtown Elbe!

We are an open Zoom meeting every Friday evening at 7:00 pm. Meetings have been small, so plenty of room if you want to load up the Zoom-wagon and bring your posse out to Elbe! Here is the Zoom sign-in info, or you can also find it at ElbeAA.org:

Congratulation to All
Our District 29 Peeps
Celebrating a Happy Birthday!

Happy New Year!

Join Zoom meeting
Meeting ID: 208 089 505
Passcode: 008670

Toddy F

FIR*

+++We have moved please note new address+++
starting 7pm Tuesday September 2. 2025

The ***Fellowship In Recovery*** Group is getting settled into our new location at **Light of the Hill Church United Methodist Church, 11304 136th St E, Puyallup, WA 98374** at 7pm on Tuesday evenings and 8am Saturday mornings. Our Birthday meetings are the last Tuesdays of the month and we have both AA and Al anon speaker. Most meetings begin with a short reading from the Big Book, except on the first Tuesday of the month when we study Traditions in the 12 & 12. And the first Saturday we study a step from the 12 & 12. ***Families In Recovery*** - they will move with us. Tuesdays also includes a concurrent meeting of ***Families In Recovery*** Al anon Family Group. Our meetings are open meetings. We look forward to seeing you!

Please join us on Tuesday nights 7:00 pm
and on Saturday mornings at 8:00 am.
We want to thank Alanon Speaker - Kaylene
AA Speaker - Aaron

FIR December Birthdays

1 month - Robert	10 months - Scooter S
2 months - Jason	2 years - Chris K
4 months - Lance	3 years - Bryan W
6 months - Ian H	12 years - Alex
9 months - John	

FIRGROVE*

Greetings and Happy New Year from Firgrove Group!

It's business as usual with our meetings on Mondays and Fridays at 8:00pm. Please come and join us as we have a large meeting space, plenty of coffee or tea, and wide range of sobriety. New faces and familiar ones are always welcome.

Birthdays for December 2025:

RJ	4 months
Jessica	11 months
George	3 years
Eric	4 years
Joel	6 years
Dan	12 years

Many Thanks to our own Joel who was our birthday speaker for sharing his experience, strength and hope!
And a special thanks to Laurie who makes our birthday cake!

We meet at Pilgrim Lutheran Church
10510 136th St E
Puyallup, WA 98374

Newcomers are always welcome
We meet Mondays (closed) meeting alcoholics only,
8pm to 9pm
Fridays (open) meeting 8pm-9:15pm
Business meeting 3rd Monday of the month at 6:30pm.
Followed with a Traditions meeting at 8pm-9pm
Birthday speaker meeting the last Friday of the month
8pm-9:30pm. With speaker, coins and cake.

GRAHAM WOMEN'S GROUP*

*We welcome all women to join us and share their experience, strength and hope.
Graham Women's Group meets on Saturdays from 9am to 10:15am at:*

*Lutheran Church of St Paul
22419 108th Ave E
Graham WA 98338*

*We are a hybrid meeting:
Zoom ID: 428 9538 662
Password: 036816*

Birthdays are celebrated the last Saturday of each month. We love celebrating recovery birthdays, please come join us.

December Birthdays: *Jamie - 24 hours, Michelle - 2 months, Melanie - 11 months, Lisa Mo - 6 years, Rachelle - 11 years, and Terri - 29 years*

Business meeting are held immediately after our regular meeting on the 1st Saturday of each month.

HANG IN THERE*

Hang In There (HIT) Group Report November and December 2025

We welcome everyone to our group! This is a kid and dog friendly meeting.

Our meetings on Zoom are held **Monday – Saturday, 11 am-12:15 pm**

Meeting ID: 870 333 8446 (New zoom ID) Password: 201999

***We no longer provide verification letters of meeting attendance on Zoom.**

We meet in-person Monday – Saturday, 11 am-12:15pm

At Christ Community Baptist Church – portable classroom #3

Address: 8016 176th St E, Puyallup, WA 98375

Meeting opens at 10:30 am for fellowship.

Upcoming Events:

Jan. Business Meeting will be held on Friday, 01/30/26 immediately after our birthday meeting.

Jan. Birthday Meeting will be held on Friday, 01/30/26 during our regular meeting hours.

Join us for cupcakes, ice cream and a speaker!

November Birthdays

1 mo. – Meri Kay C.

3 mo. – RJ M.

6 mo. – Jay Y.

1 yr. – Danielle O.

6 yrs. – Christina L.

25 yrs. – John S.

December Birthdays

Less than 30 days – Chris T.

Ashley D.

1 mo. – AJ V.

2 mo. – Meri Kay C.

10 mos. – Sarah B.

9 yrs. – Denny A.

10 yrs. – Jerry W.

15 yrs. – James C.

23 yrs. – Mike A.

29 yrs. – Terri H.

KEEP IT SIMPLE SUMNER

United Methodist Church, 901 Wood Ave, Sumner Wednesday 7pm

Open meeting Wednesday 7 - 8pm. Birthday night is the last Wednesday of the month.

Our business meeting is the 2nd Wednesday of the month after the regular meeting.

The Living Free Group is located in Puyallup at the corner of 5th and Pioneer at the First Presbyterian Church, 412 West Pioneer Ave, every Sunday at 6:30 pm. This is an open meeting, and all are welcome. We have a birthday speaker meeting the last Sunday of the month along with a potluck which starts at 6: 00 pm. Our Home Group speaker for the month of December was Dave N, who shared his Experience, Strength and Hope with all who were there.

December Birthdays:

5 Months	Randall
1 Year	Mike
3 Years	Clint
3 Years	George
6 Years	Joel

Hope to see all of you soon at Living Free!!!

Kevin C.

Open Meetings:

Daily Meetings: Noon & 8pm

Mon, Tues, Wed, Fri, Sat & Sun ~
6pm & 8pm

Friday, Saturday and Sunday at
10pm

Saturday and Sunday at 9 am

In-Person Women's Meetings:

Wed & Sun ~ 6pm

In-Person Men's Meeting:

Sunday at 8pm

Zoom Women's Meetings:

Wed & Sun ~ 6pm

ID: 862 7295 5592

Password: 035163

Hello from the Loft Group! 10216 29th St E Edgewood, WA 98372

At the Loft we love to have fun! Our business meeting is held on the 3rd Thursday each month at 7pm. We ask that all chairpeople and trusted servants attend so they know what changes are happening at our cozy hall. However, everyone is welcome to come to our business meetings! Come see how they operate, have your voice heard, or get any questions you have answered on January 15th at 7pm.

We celebrate birthdays at the Loft in person the last Wednesday of each month at 6pm (women and children only) and the last Friday of each month at 8pm (open) and with coins, a speaker, and treats. The Loft women on Zoom also celebrate birthdays on the last Wednesday of each month at 6pm, followed by a speaker and time at the end of the meeting for open sharing.

Happy Birthday

Erin H	24 hours	Jamie R	6 months	Lindsey C	18 months
Donna	24 hours	Tanya M	7 months	Tori C	2 yrs
Matt A	1 month	Alexa B	7 months	James W	2 yrs
Devyn T	1 month	Brandon K	8 months	Kelly	3 yrs
Monty K	3 months	Robert H	8 months	Seth E	4 yrs
Karissa W	3 months	Hector B	9 months	Nancy Mari	4 yrs
Hilary M	3 months	Krystal M	11 months	Stephanie	6 yrs
Michael G	3 months	Jen C	1 year	Lisa M	6 yrs
Micheline P	4 months	Laura K	1 year	Jeff G	7 yrs
Erin P	5 months	Desirae M	1 year	Mary	10 yrs
Nick V	5 months	Sarah M	1 year	Donna K	22 yrs

Thank you to our Birthday Speakers:

Lynn, Jeff and Joanie L.

Happy Birthday Everyone! Remember to stay in the middle of the herd.

Tara S

MEEKER FELLOWSHIP*

December 2025 Birthday celebrations:

6 days: Arnoldo A
15 days: Julian S
27 days: Marcus P
30 days: Ellie A
30 days: Dawn K
60 days: Carey K
90 days: Stevie M
90 days: Joel H
90 days: Tim U
18 months: Sarah B
18 months: Michelle D
18 months: Robert S
4 years: Seth E
5 years: Morgan A
8 years: Dex S
10 years: Lynn B
2 years: Nicole C

Meeker Fellowship

meets at

Puyallup Elks Lodge
[314 27th St NE](#)
[Puyallup, WA 98372](#)

Entrance door to the left,
Do not enter the main door.

Meeting times:

Mon-Sun	9am, 12pm, 5:30pm, *8pm
Sat & Sun	6am
Sat	9am Women's meeting
Sun	9am Men's meeting

* The 8pm meetings would love and needs
your support and fellowship. Please come
join us if you can.

*** Saturday January 31st ***

[Birthday Potluck Starts at 5pm, with Speaker Meeting 6pm, Coin/Cake 7pm.](#)

**Thank you to District 29 and everyone for all your support.*

Our New Year's Eve Ball was a Delightful Success! Happy New Year!

OHOP*

OHOP Nuts and Bolts meets in "God's Garage" next to Bethany Lutheran Church
located at [26418 Mountain Hwy East, Spanaway, WA 98387](#)

We meet 7 days a week at [7pm](#). Monday book study night.

On Monday, Tuesday, Wednesday and Friday we have Closed meeting (Alcoholics only).

With Open (all welcome) on Thursday, Saturday and Sundays.

Our business meeting is on Saturday *after* the second Tuesday each month at 5pm.

Our birthday night is the last Saturday each month at 7pm.

We celebrate birthdays for 24 hours and each month up to year, 18 months and all year
celebrations.

December Birthdays:

***Robert A - 24 hours, Shawn C - 24 hours, Bill F - 4 months, Michael H - 5 months,
David S - 6 months, Tiffany K - 8 months, Joel T - 6 years, Steve - 15 years, Shawn D - 20
years, Doug D - 25 years, Terrie H - 25 years, Davie - 37 years, Gus - 44 years***

ON TRACK AGAIN

Our group meets in the Mt Rainier Dining Car, located [54106 Mountain Highway East, Elbe, WA 98330](#). We meet every Wednesday night at 6:00pm for an open meeting. Then once a month on the second Sunday join us for a Spiritual Breakfast Speaker Meeting: (See page 19) seating is open at 9:30am, meeting begins at 10 am. Our business meeting is held on the last Wednesday of the month, following the regular meeting. We encourage you to go for a scenic drive and join us, to share our experiences, strength, and hope.

ORTING FIRESIDE

Greetings from Orting Fireside Group!

Our meetings are on Mondays and Thursdays 6:30-7:30 pm. We meet at the United Methodist Church, 109 Train St SE, Orting, WA 98360 Normally we celebrate sobriety birthdays on the last Thursday of the month at 6:30 pm. This month we will celebrate birthdays on Monday Dec 22 6:30pm. Join us for pie, hot coffee, coins and a speaker. We will still have a meeting on Christmas Thursday 6:30pm. We had a ham dinner on Christmas Day and white elephant gifts. Our very own Glenn was very funny and some tear jerking sobriety stories, speaker. He closed with if you do the program, it really does work. Happy Holidays! Hope to see you next year 2026.

December Birthdays: Michelle H 2 month, Blaire 3 months, Joshua D 3 years, Donna P 7 years, Mark 14 years, Shawn D 20 years

ORTING HOLE IN THE DONUT*

We welcome you to come visit Orting Hole In the Donut! We meet at the United Methodist Church, 109 Train St SE, Orting, WA 98360 on Sundays at 11:00 am. We started a Big Book Study on the 1st Sunday each month at 11 am. We celebrate birthdays the last Sunday of the month at 11am. We always have hot coffee, coins and fresh donuts.

In **December** we celebrated birthdays with: **Michelle H 2 months, Linda S 12 years, and Mark S 14 years** Happy Birthday to our Friends!.

OUT TO LUNCH BUNCH*

Out to Lunch Bunch would like to acknowledge that January 1st, 2026 marks the 3rd anniversary of our inaugural meeting at this location

Out to Lunch Bunch is the winner of the first ever 'Most Interest' Award at District 29 Gratitude Banquet 2025

The Out to Lunch Bunch is an open meeting of Alcoholics Anonymous. We meet at noon each Tuesday, Thursday, and Saturday. Our Tuesday meeting is a book study. We are currently reading the stories in the back of the Big Book and having some excellent discussions. As the cooler months are here, we will be taking advantage of the heat inside our room, making us the warmest kids on the block.

We are located at:

**Sumner First Christian Church
432 Wood Ave.
Sumner, WA 98390**

The last Saturday of the month is our birthday meeting, during which we provide coins and some sort of treat. All we ask you to bring is your experience, strength, and hope.

In December we celebrated with:

Phil S 3 months, Dan B 4 months, Adam V 6 months, Mike G 1 year, Caralyn F 1 year, Susan R 2 years, Jim J 29 years

Congratulations to everyone and to all with another day of sobriety.

Thank you to Marisa for bringing your over the top, melt in your mouth special cake. It was a cheesecake on top of brownies, just delicious!

PUYALLUP MEN'S STAG*

Peace Lutheran Church, 214 East Pioneer, Puyallup, WA 98372

We are a Men's Thursday meeting at 7:00pm. With the last Thursday of the month being potluck/speaker meeting at 6:30pm.

Way to Go, to our December Birthdays:

John - 30 days Scott - 5 months Mike - 6 months Mark - 29 years

Thank you to our Speaker - Netza - It was great to hear his story!!!

PUYALLUP SERVICE GROUP*

Birthdays for December

5 months - Andy F

10 years -Melissa W

*Hello we are Puyallup Service Group
We meet Wednesday and Saturdays at 8-9pm.
Our business meeting is the 3rd Saturday of every month.
Our birthday night is the last Saturday of every month.
Our phone commitment is the 4th Friday of every month
at the CSO from 6-9pm, all are welcome to join.*

*We meet at Celebration Lutheran Church
2500 Shaw Road East
Puyallup, WA 98371*

SEEKING OUR SOLUTION*

Seeking Our Solution (SOS) meets every Saturday at 8:00 am at the First Presbyterian Church of Puyallup (412 W Pioneer Ave). This is an open meeting and families with children are welcome. On the 2nd Saturday of each month, we read from the Grapevine. We conduct our business meetings during the last 30 minutes of the meeting on the 3rd Saturday every 3 months, beginning January 17th.

On the last Saturday of each month we host a breakfast potluck to celebrate recovery milestones. All are welcome - bring a dish and come hungry! Best quote of the birthday meeting: "What are you going to do different this time? Because half measures avail us nothing."

In December, we proudly celebrated these milestones:

Rodney D - 7 months, Daniella M 11 months, Laurie W - 5 years, and Tawana L - 6 years

You made it through the holidays..Keep coming back!!

Winner of the group Award at the 2025 District 29 Picnic for the Best Decorated Basket

SOBER SISTERS OF SUMNER*

S.S.S. is an open Women's meeting that meets every Wednesday 12:30-1:30 .

We have been there so we'll be here for you. Let's grow together. We are a fun group and understand the seriousness of getting and staying sober.

We meet at

Celebrating Birthdays on December 2025:

Linda R 3 months

Pam N 6 months

JoJo O 11 months

Phyllis M 18 months & Susan R 2 years

**Sumner First Christian Church
432 Wood Ave
Sumner, WA 98390**

Our business meeting is the 3rd Wednesday of the month, right after regular meeting. Birthday meetings is the last Wednesday of the month. Please join us for the celebration of sobriety.

SOLUTION IS THE JOURNEY

We are going strong and open 5 days a week Monday thru Friday from 12 to 1.

**We celebrate birthdays on the last Friday of the month. And our business meeting is held on the second Tuesday following the regular meeting. We meet at: Graham Church of Christ
9524 224th Street East
Graham, WA 98338**

TRUDGING THE ROAD

**First Presbyterian Church
412 W Pioneer Ave.
Puyallup, WA 98371**

Group introduction flyer on page 17.

Every Thursday at 6 pm.

This meeting has concurrent AA, Ala-non and Alateen meetings, the whole family can have a meeting.

TRUSTED SERVANTS*

Hello from Trusted Servants,

We always welcome everyone to come and meet for one hour every Monday@ 7pm, Faith Covenant Church. 1915 Washington Street, Sumner.

Our business meeting are held on the 3rd Monday of the month at 6pm. Trusted Servants always has room for anyone who would like to be a part of a fellowship filled with strong sobriety and principles. Please join us and make Trusted Servants your home group.

We believe in supporting the new people, so we carried the message to treatment centers monthly. Thanks, Courtney, for setting it all up.

We celebrate AA birthdays the last Monday of each month with THE BEST potluck in the World according to Gary, starting at 6:15pm. Birthday coin celebration and open sharing starting at 7pm.

Celebrating December AA birthdays:

30 days - Matt	Erik - 2 years
5 months - Erin	Chris K - 2 years
6 months - Chip	
8 months Jerry	Dale 27 years

Happy Birthday to all. We really enjoyed the celebration and hope to see you all again soon!

In Service,

Trusted Servants

WOMEN ON TAPPS*

Lake Tapps Community Church
17017 Forest Canyon Road East
Lake Tapps, WA 98391

OUR GROUP'S ROTATING SCHEDULE IS:

- 1ST MONDAY OF THE MONTH IS BIG BOOK STUDY
- 2ND MONDAY IS STEP STUDY
- 3RD MONDAY IS TRADITION 12 & 12 STUDY
- LAST MONDAY IS BIRTHDAY/SPEAKER MEETING

WOT is an open Women's meeting on Monday nights 7 pm to 8:15 pm.

We enjoy the increasing number women at the meeting. We are grateful for the joy of fellowship created by sharing our experience, strength and hope with each other. We would like to thank our birthday night speaker Melissa. Her share was sharing about her favorite page in the Big Book - page 417 Acceptance. We enjoyed her share.

Birthdays Celebrated in December 2025:

Louise	2 months	Pam N	6 months	Cheyenne	1 year
Marsha	3 months	Judy	7 months	Tori	2 years
Brittany	3 months	Mandy	8 months		

GSR EVENTS

GSRs: Remember last year at this time? We didn't know what we were doing. If you don't have an Alternate yet, with only one year left of your rotation. Help teach a group member the AA process. Next coming up is the Pre-Conference.

Feb 10th & Mar 10th
All District meetings are held on the
Second Tuesday of every month

In Person at:

Sumner First Christian Church
432 Wood Ave, Sumner, WA 98390

Or:

This is new Zoom info
Zoom ID: [882 6118 3379](#)
Passcode: [983646](#)

Scheduled Committee Meetings:

(only the District meeting is on Zoom)

2nd Tuesday Jan 13th at 6: 30 pm
District 29 Monthly Meeting and on Zoom

3rd Tuesday Jan 20 at 6:30 pm
District 29 Treatment Committee

4th Tuesday Jan 27th at 5:30 pm
District 29 CPC / PI meeting

1st Tuesday Feb 3rd

2nd Tuesday Feb 10th at 6:30 pm
District 29 Monthly meeting & on Zoom

GSR School

Hosted by District 7

Saturday January 31st, 10 am to 3pm

Lupita YM., the Area 72 Alt Delegate will be leading this Hybrid session to learn about your role as GSR, and how you can help your group connect with AA as a whole.

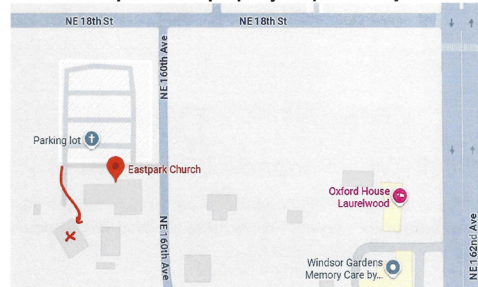
Zoom ID: 524 156 0085

Passcode: 013612

East Park Church

5815 NE 18th St. Vancouver, WA 98684

The Event will be held in the Youth Ministries building, located on the southwest part of the property. Hope to see you there.



Very preliminary schedule for the Pre-Conference coming up soon. GSRs and Alts please take a look at these and make a note you will need to schedule one of these.

Check out area72aa.org for more info.



Date	Date	Date	Date	Date	Date
Saturday March 14	Sunday March 15	Saturday March 21	Saturday March 21	Sunday March 22	Saturday March 28
Hosting Districts	Hosting Districts	Hosting Districts	Hosting Districts	Hosting Districts	Hosting Districts
Northern: 2, 3, 4, 11, 12, 19, 24, 42, 46	Eastside: 18, 33, 34, 35, 36, 38, 39	Virtual: D25	Central: 14, 15, 16, 17, 31, 32, 40, 41, Linguistic: 1, 57, 58	Peninsula: 10, 22, 43, 55, 56	Pierce County: 9, 44, 45, 54 Southern: 7, 8, 21, 27, 28, 29, 37 (OR join another group or schedule a watch Party)
Time (Pacific)	Time (Pacific)	Time (Pacific)	Time (Pacific)	Time (Pacific)	Time (Pacific)
			AFTERNOON	No earlier than 10am	No earlier than 10am
Type	Type	Type	Type	Type	Type
		Virtual			

GSRs or District members invite a group member to visit a District meeting. Trusted Servants are needed, this a current list of open positions. Trusted Servants will be encouraged to attend the monthly District 29 meeting, submit a monthly report to the Action Log newsletter, and attend Committee Quarterlies.

If any of these positions interest you, or you would like to know more please contact DCM Fred J via email dcm29@area72aa.org or (253) 229-7435. **Blue lettering** means only Alternate is needed.

Secretary and Alt: The Secretary is responsible for maintaining a record of District business and activities for the GSRs and other committee members

Corrections Chair And Alt: This position consists of any project reaching out to the alcoholic in prison, jail or other correctional facilities, writing alcoholics in prison, or helping the AA who is being released from prison to get to a meeting on the outside. Attends the Corrections Committee meeting, the District 29 monthly business meeting and the Correction Quarterlies.

CSO Director 2: District 29 has two representatives at the Central Service Office serving on the board of directors. The two members are required to attend the monthly meeting of the CSO Committee and the monthly District 29 meetings. Works with other Reps from Districts 43, 44, 45, 54,9 and other committees.

Treatment Alt: Helps reach the alcoholic in hospitals and treatment facilities. Programs can included: sponsoring or conducting in-house meetings, providing panelists to describe what AA is and what it is not and providing the AA message through book, pamphlets and word of mouth. Attends the Treatment Committee meetings, the District 29 monthly business meeting and Treatment Quarterlies.

Grapevine / Literature Chair and Alt: The Grapevine and Literature representative helps groups and GSRs with subscriptions/information on the AA Grapevine. Also keeps the groups up-to-date on new or featured materials published by the AA Grapevine and AA World Services. Attends District 29 monthly business meetings and Grapevine Literature Quarterlies.

Cooperation with Professional Community (CPC) Alt: Seeks to explain what AA is and is not to professionals who may encounter alcoholics. Typically, CPC carries information to doctors, nurses, dentists, clergy, lawyers, treatment facility counselors, police, judges, corporate employee assistance professionals, business managers and Union leaders. Attends District 29 business meeting and CPC Quarterlies.

Facilities Liaison Alt: Responsible for setting up for monthly District 29 Business meeting as well as putting away when meeting ends. Makes coffee and is the Liaison between the facility and the District group.

Accessibilities Alt: Provides AA message to those who would otherwise not have access. Attends monthly District 29 Business meetings, Accessibility Committee meeting and Accessibility Quarterlies.

12 Step Service Committee (TSSC) Alt: (This is a Sub-Committee of the CSO in Pierce County): And maintains 12 Step lists, coordinates home answering service, CSO phone volunteers and 12 step work/commitments. Attends TSSC/ 12 step meetings and District 29 monthly Business meetings.

****Please reach out if you'd like to be of service at the District level by contacting:**
DCM Fred J dcm29@area72aa.org or (253) 229-7435

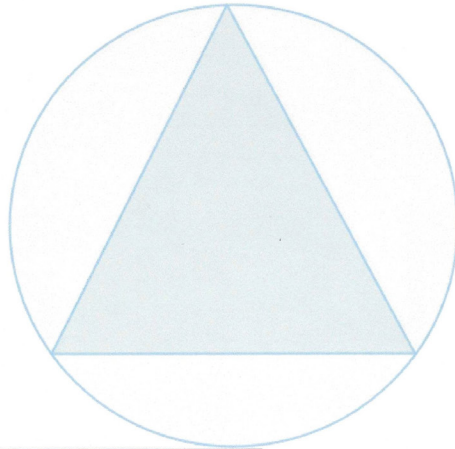
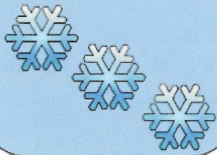
Young Persons Quarterly,
Saturday January 24th 2026

Ryther Child Center

2400 Ne 95th St.
Seattle Wa 98115

Fellowship
11:30am

Business
12pm-3pm



Zoom info

Meeting ID: 880 2569 7993
Passcode: 114848



WORKSHOP January 18th, 2026
3:00 PM TO 4:30 PM
ON ZOOM
ID: 471 680 0414 **Passcode:** Area72

Cooperation with Professional Community

District 35 Hosted

A72 CPC Quarterly
Feb 07, 2026
10A-3p

Eastside Fire & Rescue
175 Newport Way NW
Issaquah, WA 98027



Topic: Youth & CPC -
Powering Professional Outreach

Food & Refreshments Provided

Zoom Meeting ID: 833 4771 9488
PW: Service

cpc@area72aa.org / 425-299-5660

WESTERN WASHINGTON AREA 72

ARCHIVES
QUARTERLY



Saturday, February 7, 2026

10am to 2pm

Tibbetts United Methodist Church
3940 41st Ave SW, Seattle WA 98116

Hybrid Quarterly and Potluck
Hosted by District 14
Main Dish: Chili

Learning Session with Maryland N, Area Archivist
Oral Histories: A Comprehensive How-To

MEETING ID: 895 8451 3370
PASSCODE: Archives



For more information, please contact
archiveschair@area72aa.org

December 2025 District 29 PI/CPC Monthly Report

Hello to All,

PI (public Information) and CPC (Cooperation with Professional Community) have a combined meeting on the 4th Tuesday of every month at the First Christian Church, 432 Wood Ave, Sumner at 5:30 pm. Please send a member from your group to this meeting to collect information about what they've been accomplishing and how your group can help carry the message. Individuals are welcome to join also. When the school year started PI is taking panels into 3 different HS. CPC will be talking to a group at Fire and Rescue class. Interesting stuff going on if you would like to be part of sharing our knowledge of how AA works for us.

In Service,

DeeDee PI Chair - dist29pi@area72aa.org

Alt. PI George N (253)377-0453

Scott N CPC Chair - dist29cpc@area72aa.org

[PI Had an amazing time at the Traditions Workshop. We thank you all for being there for us. Thank you to DD, George, Steve and Tim.](#)



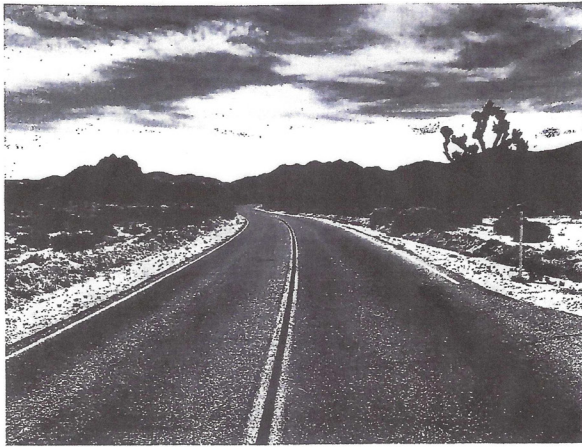
GSR Preamble

We are the General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A.

We realize the ultimate authority is a loving God as He may express Himself in our Group Conscience. As trusted servants, our job is to bring information to our groups in order that they can reach an informed group conscience. In passing along this group conscience, we are helping to maintain the unity and strength so vital to our fellowship.

Let us, therefore, have the patience and tolerance to listen while others share, the courage to speak up when we have something to share, and the wisdom to do what is right for our group and A.A. as a whole.

TRUDGING THE ROAD



*An open meeting of Alcoholics Anonymous
Big Book Study
Thursday Evenings @ 6:00pm*

Al-Anon and Alateen meet concurrently

*First Presbyterian Church of Puyallup
412 W. Pioneer Ave
Puyallup, WA
Starting May 1st 2025*



**A New
Women's
Meeting!**



*Eatonville Women's Group
Saturday's at 10 am*

**Tanwax Country Chapel
36417 Mountain Hwy East
Eatonville, WA 98328**

In the Education building next to the church
Look for the AA sign hanging on the doorknob

Weekly Meeting Format:

1st ~Steps 2nd ~AA Topic

3rd ~Traditions 4th ~AA Topic

We celebrate Birthdays the 2nd Saturday

SPIRITUAL BREAKFAST

@Mt. Rainier Railroad Dining Co.

54106 Mountain Hwy E. Elbe

Second Sunday of each month

Alcoholics Anonymous Speaker Meeting

Come early and enjoy a bite to eat in this full service
restaurant or just bask in the fellowship!

Each meeting will feature a speaker from the program.

Speaker begins at **10am!**

**All are
welcome!**



Organized by:
On Track Again
AA group;
Meetings
Wednesday
@Mt. Rainier RR
Dining Co.
6pm

9th Annual Northwest Girlstock

APRIL 17, 18, & 19, 2026

**At Four Points by Sheraton Hotel & Conference Center
in Beautiful Bellingham, WA.**

*Treat yourself and invite your friends to an infusion of happy recovery!
Listen to Experience, Strength and Hope, delivered by some of the best
communicators among us:*

DAWN M., Laguna Hills, CA.

HOLLY D., Jacksonville, FL.

JEANNIE M., Bentonville, Ark.

KATHLEEN H., Al-Anon, Cincinnati, OH

KATYA A., Woodland Hills, CA.

MOONLI S., Los Angeles, CA.

ROSA G., Los Angeles, CA.

ROSIE T., Seal Beach, CA.

Please **REGISTER EARLY** at **NWGIRLSTOCK.COM**

- **MEETINGS ONLY: \$ 80.00**

- **MEETINGS & 2 MEALS: \$180.00**

**A link on our website will help you reserve a room at the
Four Points at a very special \$142.00 per night rate.**

Choose two queen beds, or one king bed.

Hotel Reservations: 360.671.1011

December 2025 District 29 Archivist Monthly Report

District 29 Archives
Happy New years!! 2026

We have our first Quarterly on Feb. 7th 2026 with District 14 in West Seattle.

We purchased our dolly for the storage unit and will be getting the new shelves also. We will be taking these and the new given archival material to the storage unit as weather improves. We hope to get storage better organized during spring this year. We need to take a couple of larger pieces the old file cabinet and archaic table to the dump. We have a blue pamphlet display rack available in our storage if anyone needs it.

Thankful in Service;
Dist29archives@area72aa.org
Deborah M.

December 2025 District 29 Third Legacy Monthly Report

Hello District 29 Family,

This is Alana W, your District 29 Trusted Servant for Third Legacy. Carol J and I are very excited to serve our groups. We believe that our presentations could spark an interest at both levels when we see others actively serving.

We would like to come to your Business, Birthday or Regular meeting to talk about service. Each standing committee will share briefly about their position, and how service has impacted their sobriety.

We look forward to meeting new groups and our calendar is open for the next few months.

In Service,

Alana W Chair, Carol J Alternate

alanaw28@yahoo.com or dist29thirdleg@area72aa.org

Step 1

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity

Concept 1

Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.

Principle 1

Honesty

Pacific Region AA Service Assembly
The PRAASA website now has the Registration and Hotel information available. You will enjoy going to this wonderful event. It's an assembly of AA members getting and sharing ideas about service. Many topics and panels. And it's in Hawaii this year.



'imi a like ka pae PRAASA 2026

HIGHLIGHT

Also look on [AA.org](https://aa.org) under what's new for information.

Special Forum Online for Deaf Alcoholics Anonymous Members

SAVE THE DATE!

What: Special Forum for Deaf Alcoholics

When: January 17, 2026

Where: Online

A Language and Cultural Special Forum for Deaf A.A. Members who use American Sign Language (ASL), Langue des Signes Québécoise (LSQ) and Lengua de Señas Mexicana (LSM).

Please help us get this information out to Deaf alcoholics using the following YouTube digital flyer:

<https://youtu.be/HZjrfG1fzjM?si=BCbjsJO-7n6y-s63>

14th Annual The Blending of Time Conference

"Together We Can"

February 27th – March 1st, 2026

La Quinta Inn & Suites

1425 E 27th, Tacoma, WA

This is the only conference of its type on the West Coast, where every Alcoholic who attends has a chance to speak. We have panels from 0-10 yrs, 11-20 yrs, 21-30 yrs, and 31-100 yrs. Each panelist speaks for 5 minutes. Panelists are chosen by the date their registration form is received.

Keynote Speakers, hailing from near and far are:

Nikki G. Flagstaff, AZ

Cliff G. – Oklahoma City, OK

Jerry W. – Long Beach, CA (Historian and Speaker)

Rona YR – Federal Way, WA

Shannon H. – Former Tacoma, WA resident, now living in ID

Please plan to attend the "Meet the Speakers Dinner" at United Lutheran Church 1231 South 76th St, Tacoma, WA 98408 7:00pm on Thursday, Feb 26th 2026

\$15.00 at the door or pre-register at <https://theblendingoftime.org>

Hearts In AA

SHARE THE LOVE STORY SLAM (and dessert bar)

What's that, you say?

A Story Slam is like a speaker's meeting, where there is a topic with multiple speakers and each person gets five minutes!

In keeping with Valentine's Day, LOVE is our theme. That could be anything from why you love the program, to the love you feel for your home group, or love you've found for yourself OR finding love in the rooms!

Bring: a sweet treat, your loved ones, or just yourself!
Everyone is welcome

Sunday, February 22, 2026 - 3-5 pm
Greater Seattle Intergroup
5507 6th Ave S Seattle, WA 98108

Questions? Contact specialevents@seattleaa.org



YOU ARE INVITED TO

DISTRICT 54 ANNUAL GRATITUDE BANQUET

February 21, 2026

*Around The World.
One Day at a Time*

Field House

1456 ROOSEVELT AVE E, ENUMCLAW, WA 98022

**Speakers, Raffle, 50/50,
Food & Fellowship**

4:30 PM - DOORS OPEN

**5:30 PM - ALDER SMOKED
BABY BACK RIB DINNER**

\$ 20 TICKETS FROM YOUR D54 GSR

International costume optional

PLEASE BRING A DESSERT TO SHARE

ADULTS ONLY PLEASE



Questions Contact DCM54@Area72.AA.org



INTERNATIONAL WOMEN'S CONFERENCE

For those with a desire to stop drinking.

JOIN US ONLINE!
FEBRUARY 12-15, 2026

Just \$20 USD to attend online.
Includes 4 days of experience,
strength and hope – modern
to modern! Sign up today.



SCAN HERE TO REGISTER AND
LEARN MORE!



www.internationalwomensconference.org

37TH INTERNATIONAL A.A. MEN'S CONFERENCE (IAAMC)

APRIL 10 – 12, 2026

MIRACLES IN PROGRESS

HILTON SEATTLE AIRPORT AND CONFERENCE CENTER

17620 INTERNATIONAL BLVD, SEATTLE, WA 98188

Deadline for pre-registration is March 31, 2026

In April 1986, four men discussed the idea of holding a National AA Men's Conference after hearing from some AA women about how successful their Women's Conference was every year. Ted H. was contacted by Sam L., Demers, Sam W., and Mike F. to collaborate. The men met at Ted's home in Cleveland, Ohio, to devise a plan of action.

Letters were sent out to the Cleveland AA community, inviting them to participate in the planning of the conference. A meeting was held in response, and a committee was formed to raise funds. The men set a fundraising goal of \$1,500. Through raffles, picnics, dances, and out-of-pocket donations, they successfully raised the seed money needed to hold the first conference.

Since then, 36 cities have hosted the International AA Men's Conference. The 37th Annual 3-Day International AA Men's Conference will be held in Seattle, Washington, from April 10 to 12, 2026. We hope to see you there!

EVENT REGISTRATION

WWW.IAAMCAB.ORG OR BY MAIL AT: IAAMC 2026, 11012 CANYON RD E
SUITE 8 PMB 114, PUYALLUP, WA 98373

(Make checks payable to IAAMC 2026)

Book a Hotel Room: <https://book.passkey.com/go/IAAMC2026>

For more information on the conference, contact Don N. at (253) 365-8073,
Jeffery R. at (253) 754-7617, or Randy M. at (253) 278-9842

Qty

- ☐ \$ _____ Registration and Saturday Evening Banquet, \$165.00
☐ \$ _____ Registration only, \$50.00
☐ \$ _____ T-Shirt select size [S, M, L, XL: \$19.50, 2X: \$21.50, 3XL, 4XL, 5XL, 6XL: \$23.50]
☐ \$ _____ Bus Tour of the Seattle Area (\$80.00)

Total: \$ _____

Name: _____

Phone: _____

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Email: _____

☐ I would be interested in volunteering for a workshop or panel



Members Page

This page is for AA members of District 29. Send in AA related quotes, cartoons, questions or short inspirational notes. If this page creates interest I'll keep it going. Ask a group member to submit something related to next month's topic Tradition 2. Send it to this email by the 4th of every month d29actionlog@pugetsoundaa.org. Please take a moment to enjoy these and share!

We want to thank this anonymous AA members for sharing on Tradition1.

Tradition 1: "Our common welfare should come first; personal recovery depends on A.A. unity."

Most of us have thought at one point "I may be drinking and partying too much." I will slow down or quit for a while, then with a little effort I should be able to moderate my intake. For some that might work. Not for me, not on my own, I am powerless. Treatment did a good job of keeping me dry. Teaching me the basics of alcoholism and some tricks to stay away from drinking. Upon leaving treatment I went back to where I started, on my own and powerless. And back to drinking. It wasn't until became an active member of Alcoholics Anonymous that I learned the true power of sharing and listening to others. It did me no good to sit and observe, I had to be involved. Groups are a vital key to my personal recovery, to keep the groups alive sometimes I need to put my own wants second to the needs of the whole. Alcoholics Anonymous is only as strong as the groups, and the principles that guide fellowship as a whole. Thoughts and opinions are those of the author and not intended to reflect anything else.

From page 29 of the January 2026 Grapevine magazine

Grapevine Greeting Cards

4 different cartoons illustrated by AA Members!

Each card is beautifully illustrated with a cartoon about humorous moments in sobriety. All cartoons are conceived and drawn by AA members and were previously published in AA Grapevine. Perfect for giving to a sponsor, sponsee or a fellow member to celebrate a sober anniversary or any occasion.

Comes with four different cards in a box of 24 for \$36 (USD). Buy five or more boxes and save \$1.20 per box! The Greeting Cards come in a plain cardboard box — local offices, groups, and areas can then sell as individual cards, in sets, or however they choose. (Dimensions are 5 by 7 inches)

ORDER ONLINE!

AAGRAPEVINE.ORG/STORE/GREETING-CARDS



For a number of years the District 29 Picnic Committee has annually awarded a roving (the group gets it for one year) plaque to the group whose raffle donation has generated the most interest. This is measured by the number of tickets placed in the "hat" (that looks like a paper bag). In July 2025, that plaque went to the Seeking Our Solutions group in Puyallup, they now proudly display it at their meeting every Saturday morning at 8:00 am. Not to be outdone, using the same criteria as the picnic, this year's Gratitude Banquet Committee handed out the first ever, highly coveted, 'Certificate of Interest Award.' This award every year will stay with the group. An unique award will be made every year for that event. The first one ever has been awarded to the Out to Lunch Bunch meeting in Sumner. It is proudly displayed each Tues, Thurs, and Sat. at noon. We thank you for your contribution.

We need help with - what to call this award?

Suggestions so far:

Most Desired, Most Popular,
Most Interest, Most Sought-after,
Most Wanted, Most Tickets,
Most Coveted Or do we keep it 'Certificate of Interest Award'

or let us know your thoughts.

Text me your answer or your vote!

253-347-8867

An alcoholic, meth head and a drug dealer are in the car. Who is driving?
Answer: The Police

Be the reason somebody believes sobriety is possible!

District 29

February 2020



In the Beginning

District 29 is located in the greater Puyallup Valley area and is primarily rural with connecting small towns. It was out of a need for closer unity with each other that the idea of forming a new district was discussed.

In March 1981, a meeting was held in Puyallup, WA. with district 9. Each group signed a statement stating their desire to be part of a new district, which at that time, would be called district 9-A. On April 22nd, 1981, Bill R. also known as "Whiskey Bill," called to order, the first structured meeting of the new district in the Orting Fireside Hall. On June 16th, 1981, the Washington Area Delegate (Dick P.) announced that he had requested the number 29 for this new district, and that this would be confirmed at the next Washington Area Assembly in October.

In September 1981, the basement of the McMillan Grange was rented and after a lot of hard work, this new facility was made ready for use as the new District 29 office, where they would conduct business until 1994, when the district office was relocated to downtown Puyallup in the Campfire Girls building. This facility was in an alley near 5th and Pioneer. In 2009 the district office was moved once again, to its current location at the Puyallup Elks Club, located at 314 27th St NE Puyallup, WA. *Moved from the Elks winter of March 2024 when pipes froze. At first we thought the move was temporary, to Sumner First Christian Church, 432 Wood Ave, Sumner, but Jan 2026 still here.

At the time, area 72 covered all of Washington State until it was voted at the 1995 Area Assembly to form two areas with the dividing line to run down the center of the Cascade mountain range. This would form what we now know as, the Western Washington Area 72, along with the Eastern Washington Area 92. In 1996 District 29 hosted the first ever Western Washington Area 72 Assembly at the Executive Inn in Fife, WA. Ten years later, (in 2006) the district would once again, host the Assembly at the Bi-Centennial Pavilion in Tacoma, WA. During this same time period, District 29 started a grass roots campaign that would ultimately restructure the Area 72 Pre-Conference Assembly format, from one of merely listening to the delegate reciting conference agenda items, to one of actually interacting with the delegate, so he or she would carry a sense of the groups back to the General Service Conference. Also District 29 did the same thing to help put into place the WWA72 Third Legacy Committee, helping members understand the value of service work. In those early days, the fledgling district worked hard to establish itself, and the hope then, was to see it grow and thrive. Well, it has certainly lived up to that. What those early pioneers couldn't have imagined however, is the level at which our members would step to the plate to insure our place in history. The enthusiasm and love for our way of life has continued throughout the years, and District 29 has earned its reputation as the "Action District."

-----Thank You to our District Archivist, Larry H

**** THIS ARTICLE WILL BE INCLUDED IN THE UPCOMING EDITION OF "OUR STORIES DISCLOSE" ****

* Added to article by current Newsletter editor for the Jan 2026 Action Log